



Wellbeing Tips

Mindful use of technology



The benefits of mindful technology use

Technology is woven into our daily lives, often in ways we don't even notice. Staying connected through smart phones and devices can bring comfort and convenience, but constant digital noise may also leave us feeling scattered or on edge.

Mindful technology use invites us to slow down and become more aware of our habits. It involves becoming aware of the moments we instinctively reach for our phones, whether out of need, habit, or a desire to escape. Then taking a moment to intentionally choose how we want to respond.

This practice starts with small, intentional shifts. That might mean taking a breath before opening an app, setting boundaries around news or social media, or simply putting the phone aside during meals or conversations.

These quiet choices help create space for stillness, connection, and reflection in our day.

By becoming more present with how and why we use technology, we create room to care for our mental and emotional wellbeing. Mindful use of screens is not about restriction but about reclaiming attention, tuning in to what matters, and finding balance in a fast-moving world.

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